

# The Fort Huachuca Scout.



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# What AFTB taught me about diamonds

BY INGRID MURRAY  
CONTRIBUTING WRITER

Every week I saw it in the post paper: Classes on Army Family Team Building thru Army Community Services. I didn't need that class. That was for those "other" wives. After all, I married a smart military man who could always answer any question. I knew

how much he made, about the commissary and PX, how important the ID card was and how to reach him at work. What more did I really need to know? lots, I learned!

One day we were at the Post Exchange working a gift-wrapping fund-raiser. There was a lull in our work. A nice looking lady approached us and stopped at the table. She looked at my husband, then placed both her

hands down on the table and looked him in the eyes. "Sergeant Major," she said, "I am losing my diamond."

I looked at her left hand and noticed it was bare. Poor thing, I thought she is going through a divorce. She went on to say, "Oh, I know you understand how hard it will be. It has been such a big part of my life. Now I feel so empty and lost."

See **DIAMONDS**, Page A14

## DOIM implements new group policies, affects only Garrison users

SCOUT REPORTS

The following changes were made Monday to initiate desktop standardization and to safeguard against viruses contained in CDs and/or DVDs:

1. All CD/DVD auto play will be turned off. CDs/DVDs placed in the associated drive will require the user to start the CD/DVD by going through "My

Computer." The user should scan the CD/DVD for viruses before running. If assistance is required, the user should contact their IASO.

2. At the top of your web explorer you will see "US Army, Fort Huachuca" instead of the "Microsoft Internet Explorer."
3. A default screen saver will come on after 10 minutes if the computer is not being used. The user will

have to re-enter their user password to unlock the screen saver.

4. All computers will have the classic log in, control panel, and start menu. These will look like the Windows 2000 screens, and will populate the desktop with the basic shortcuts.

If you have any problems please contact the Help-desk @ 3-1111 to open a trouble ticket

## Scout On The Street

## What are you doing for Thanksgiving?



KRISTIN FLOWERS

I'm going to spend time with family.



AMANDA GRABUCH

We're going to spend Thanksgiving with some friends here and we're going home to Texas for Christmas.



FRANK LAGUNA  
ARMY AIR FORCE EXCHANGE SERVICE

I'm not going to do very much just stay at home with the family.



BRENDAN REID

I'm just going to stay at home with my Dad.

### The Fort Huachuca Scout

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# Middle School dedicated to Soldier

BY THOM WILLIAMS  
SCOUT STAFF

Administrators at a middle school in the Sunnyside Unified School District in Tucson, Ariz., held a ceremony to dedicate their facility to a Soldier and Medal of Honor winner on Nov. 15, with the help of Fort Huachuca.

The ceremony dedicated the Pfc. Billy Lane Lauffer Middle School, named after the Soldier who was posthumously awarded the Medal of Honor for his actions in the Republic of Vietnam.

Lauffer attended Sunnyside High School until his junior year when he joined the Army.

The first part of the cer-

emony took place outdoors with a concert by student bands and a fly-by of F-16 Falcons from the 162nd Fighter Wing, Arizona Air National Guard.

The ceremony then moved inside the school gymnasium where honored guests addressed the students.

Col. Jonathan Hunter, Fort Huachuca garrison commander, spoke to the gathering and asked the school's staff to remind students why the facility is named after Lauffer and what the Soldier did to earn the honor.

Hunter then told the students he could remember the name of the junior high school he went to.

"I'm hoping as you grow

up you will remember you went to Billy Lane Lauffer School and you will know and understand the importance of the name and it will mean something to you and help be a guide for you in the future," he said.

Hunter also presented Lauffer's brother and the school's student council president with a plaque containing a picture of the Medal of Honor winner and his award citation.

According to his Medal of Honor citation, Lauffer received the military's highest award for valor while he was serving in Company C, 2nd Battalion, 5th Cavalry, 1st Air Cavalry Division.

Pfc. Lauffer's one-man assault provided critical moments his wounded

comrades needed to move to safety and for the remainder of his squad to gain a more advantageous position.

Lauffer's courageous actions took place near Bon

Son in Binh Dinh province on Sep. 21, 1966.

The Fort Huachuca Select Honor Guard presented and retired the colors at the ceremony.



Photo by Thom Williams

**Col. Jonathan Hunter, Fort Huachuca garrison commander (right) presents a plaque to Rhod Lauffer, brother of the Medal of Honor winner Pfc. Billy Lane Lauffer at a ceremony in Tucson, Ariz. The newly built middle school in the Sunnyside Unified School District was dedicated to the Soldier at a ceremony Nov. 15.**

## General Myer Elementary construction reaches midpoint



Photo by Esau Lolis

**Gen. Myer Elementary construction progress, photo taken 8 Nov.**

BY ESAU LOLIS  
SCOUT STAFF

With over 40 workers on site daily, General Myer Elementary School is half way complete after seven months of construction. The progress is evident by the 17-foot walls now visible by passersby. The walls are part of the multi-purpose cafeteria that will also serve as a gymnasium.

"The school is on track for completion in June of 2006 and so far, the progress is on time with everything that has been projected for construction," said Dr. Ronda Frueauff, Superintendent Fort Huachuca Accommodation School district.

Students are currently attending

class in the almost 50-year-old General Myer Elementary School building and classes will begin in the new school building in August 2006.

"When the building is finished it will be well worth the time and energy that has gone into building it," Frueauff said.

The \$8 million, 57,000-square-foot school will accommodate 450 students, faculty and staff.

Frueauff said the completion of the school will enable students that are age appropriate to be placed together.

"It will be a building for third, fourth and fifth grade students," Frueauff said. "The new Johnston Elementary will be for preschool, kinder, first and second graders."

According to post architect, Kevin Blackwell, Directorate of Public Works, engineers are improving on the design of Myer Elementary School by incorporating more natural daylight and ventilation to save mechanical cost, improving circulation in cafeteria areas, increase storage and select durable finish materials for long term maintenance.

Frueauff said the school's architectural design called for visibility to as much natural scenery as possible.

"We had all of the windows constructed to face outward to take advantage of the local landscape," Frueauff said. "We also had an open

amphitheatre placed outside in the courtyard so the kids will be able to perform outdoors."

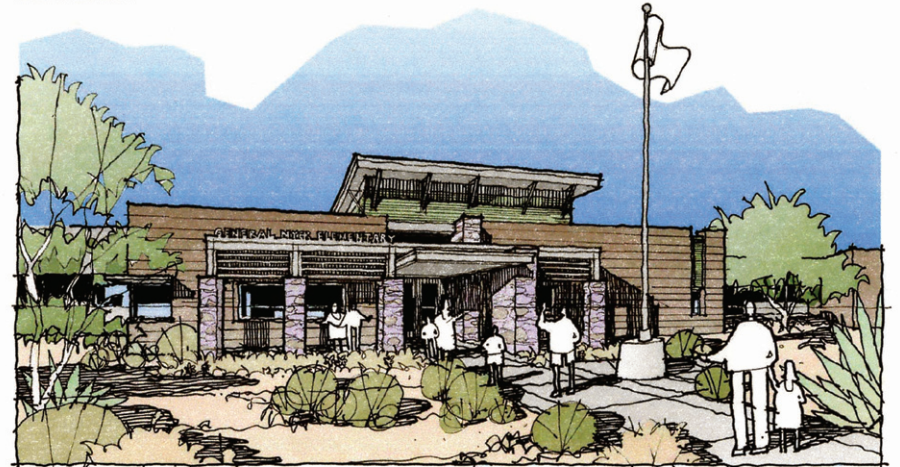
Project Superintendent, Leon Davis said the current school will be torn down once the new school is finished, his company, Lloyd Construction, plan to begin building Colonel Johnston Elementary School.

Davis said the project is going along on time as planned with few delays from last summer's rain and the ordinary rations on concrete.

Colonel Johnston Elementary school design plans are currently being finalized and construction is scheduled to begin in late 2006.

### New General Myer Elementary School

Fort Huachuca Accommodation School District  
13 December 2004



Administration Entry Image

Courtesy photo

# Let's get mental

## Standards for mental health evaluations

### SCOUT REPORTS

The standards of referring soldiers to the behavioral medicine clinic for a mental health evaluation are clearly defined in DoD Directive 6490.1, Mental Health Evaluations of Members of the Armed Forces and DoD Instruction 6490.4, Requirements for Mental Health Evaluations of Members of the Armed Forces. Both the Directive and Instruction contain the guidance for emergency and non-emergency referrals.

Commanders are advised to read paragraph 6

in DOD Instruction 6490.4, dated 28 August 1997, in detail before any referral action.

It is the commander's responsibility to consult with a mental health professional before referring a Soldier for an outpatient mental health evaluation.

The DoD Instruction 6490.0 paragraph 6 defines a Mental Healthcare Provider as a psychiatrist, doctoral-level clinical psychologist, or doctoral-level clinical social worker with necessary and appropriate professional credentials who is privileged to conduct mental health evalua-

tions for DoD components.

DoD policy requires that a Soldier's rights are protected when they are subjects of mental health evaluations. Commanders must ensure the Soldier is provided written notice two days in advance of the mental health referral to include a copy of the Soldier's rights. The Soldier must be escorted with a signed copy if his notice to report for a mental health evaluation.

There are circumstances in which a Soldier may not receive a two day notification in advance; when a soldier is admitted to a

treatment facility for an emergency or involuntary mental health evaluation, as soon as conditions permit, reasonable efforts will be made to inform the Soldier of the reasons for the evaluation, the nature and consequences of the evaluation and any treatment, and the Soldier's rights.

Commanders must refer Soldiers who show signs of endangering themselves or others and when they show signs of mental illness that may include changes in behavior, mood, or thinking that interfere with normal daily responsibilities.

Soldiers are referred for

a mental health evaluation when they face legal or administration actions that require documentation of mental status.

The soldier has a right to contact an attorney, IG, friend, or relative.

Soldiers will not be referred for mental health evaluation as a reprisal for making or preparing a lawful communication to a Member of Congress, an authority in the soldier's chain of command, or the IG.

If you have additional questions contact your supporting mental health facility or the NETCOM Inspector General Office at DSN 879-7006 or commercial 520-533-7006

## 4-H student trainees run through Capt. Robert C. Scheetz Warrior Complex



Photo by 1st Lt. Andrea Pratt

**Trainees are supervised by Soldiers as they cross the monkey bars over a low sand pit. left, Kayla Buchanan, middle Claire Bigelow, front, Kit Tensfeldt.**

**BY 1ST. LT. ANDREA-BERNADETTE PRATT**

11TH SIG BDE PAO

"That was so fun! I want to do it again. I want to be in the Army. These Soldiers are so cool!" said thirteen-year-old Claire Bigelow as she panted and wiped sweat of her brow. Then she chugged some water. Her friends were chattering just as excitedly in the background, all of them dirty, exhausted, and thrilled.

Bigelow was one of some thirty 4-H student "trainees" who participated in the overnight training camp,

held 13-14 Nov, to certify her as a peer counselor for an upcoming 4-H camping event in February. This 4-H camp is the only one of its kind in Arizona which focuses on the age group of eleven to thirteen.

The student trainees spent the night at the Huachuca Oaks Baptist Camp and worked on team building events after participating in "ice breaking" activities. The next day, they ran through the Fort Huachuca Obstacle Course, with their newfound friends, in small teams. They were led by a group of Soldier volunteers.

"The whole idea was to be able to have the kids work now towards having a more organized event in February," explained Darcy Tessman, the 4-H Youth Development Agent. "We wanted the kids to be able to work as teams."

That is exactly what the trainees had to do at the obstacle course. "The emphasis today is on working as a team-group, and working together to complete the course," 2nd. Lt. Joe Parker, 556th Maintenance Company Platoon Leader, explained in his opening safety brief. "You don't finish until every member of your team has completed the course ... you might have to help each other across some of the obstacles and talk about them ... and if you finish first, you might have to cheer on the other ones that haven't finished as quickly as you did."

Eager to assault the course, the trainees jumped into their team-groups as quickly as Parker assigned them, and they took off with their designated Soldier volunteer through the route.

"If you want to go again, there's a qualification you must pass, and it's motivation," Parker said, as he egged the trainees on after all of the groups completed the course. Some of the kids shouted out "hooah" and jumped up and down to get his attention and show their level of motivation. But, Parker had another idea in mind,

"That's a good try, but it's really all about the camo," he said.

The trainees were invited to a camouflaging session led by Pvt. 1st. Class Kenneth Crim, 504th Signal Battalion Graphics, where they were allowed to put on their own facial camouflage or have another person help them. Some of the kids were worried about their faces for school the next day, but a couple eagerly jumped at the opportunity. A few of the trainees actually went through the course seven times in a row with only a break or two for water or bragging rites. They were too busy to stop for camouflage.

"This is my first year (working with the 4-H group)," Crim said, "I would definitely do it again ... I think it's important to work with youth because they are the next generation that will be responsible after us." Crim has had a lifetime of working with youth because both of his parents are teachers, and he is a registered Scout Master assistant, "I would like to do it again next year," he said.

Several of the trainees also said they would like to come back next year.

By noon, the students were exhausted, quite pleased with their achievements at an Army obstacle course, and ready to work with their newfound teams towards having an organized camp event for their peers in February.

# Fort MPs named best in TRADOC

BY THOM WILLIAMS

SCOUT STAFF

The U.S. Army Training and Doctrine Command announced Nov. 8 that the 18th Military Police Detachment, Fort Huachuca, Ariz. won the Fiscal Year 2005 Brig. Gen. David H. Stem Award as the best Military Police unit company size or smaller in TRADOC.

The detachment was also nominated by TRADOC as its representative for the annual Brig. Gen. Jeremiah P. Holland Award, the Army-wide competition to select the best MP unit, company size or smaller.

Maj. Randolph Morgan, former commander, 18th MP Det., and operations officer, Directorate of Emergency Services, was in charge of the unit during the Stem Award period.

"We won the Stem Award for a number of reasons; one was continuing to provide the

outstanding law enforcement to the garrison that they had come to expect from the MP's here at Fort Huachuca, but additionally because we proactively went after other training opportunities," Morgan said.

The units also set up a German marksmanship range, partnering with the German liaison officer and Sergeant Major. The result was 26 military police Soldiers earned the German Schutzenschnur marksmanship badge without setting foot outside the United States.

Morgan also pointed to the unit's dramatically improved retention rates during his command stint.

"For the first quarter of my command our retention rate averaged about 60 to 80 percent, at the end of the [evaluation] period I had a 167 percent retention rate," he said.

Other factors Morgan attributed to the unit winning the

award included the MP's participation in the Bataan Memorial Death March and training relationships with the Tucson Police Department, the Army Reserve and National Guard units.

Morgan also cited noncommissioned officers as a key reason for the unit's successes.

"Commanders are supposed to come in with a vision of what they want to accomplish.

"I had a great first sergeant running the company and phenomenal operations sergeants helping me turn that vision into reality," he said.

Morgan addressed the subject of the unit's chances of winning the Department of the Army-level Holland award, which historically goes to a combat support MP unit.

"We are very competitive and certainly I believe in my heart that we have a good chance of winning," he said.

Selection of the award winner is based on the unit's performance between Oct. 1

and Sept. 30.

To receive this award, units must submit a packet that details achievements throughout the year in areas such as training, physical fitness and weapons qualification.

The Brig. Gen. Stem Award came into existence in 1985 as the Liberty Award. In 1987, the award was renamed the Stem Award in honor of the late Commandant of the U.S. Army Military Police School and Chief of the Military Police Corps.



Photo by Thom Williams

**Soldiers from the 18th Military Police Detachment stand in formation at a recent change of command ceremony. The unit was recently named as the best Military Police unit.**

# Understanding the Organizational Inspection Program

## *Plan addresses inspections and audits*

### SCOUT REPORTS

The Organizational Inspection Program is a commander's program. It is a comprehensive, written plan that addresses all inspections and audits conducted by the command and its subordinate elements as well as those inspections and audits scheduled by outside agencies.

The purpose of the OIP is to coordinate inspections and audits into a single, cohesive program focused on command objectives.

The three (3) major objectives of the program are to reduce disruption of training and other important activities, to reinforce

established inspection standards, and to teach and train those found deficient.

There are three categories of inspections: Command, Staff, and IG. All are elements of a commander's OIP. Each is defined in detail in Army Regulation (AR) 1-201 and NETCOM Regulation 1-201.

Within these three categories are three types of inspections: General, Special, and Follow-up.

General inspections are normally organizational inspections. This type of inspection typically is broad and unit-oriented, considering all aspects of

an organization or activity. It is focused on the unit's overall ability to accomplish its mission. Normally, command inspections are general inspections. A specific mandatory example is the Initial Command Inspection that Commanders are required to receive within ninety days after assuming command.

ICIs are explained in detail in AR 1-201 and NETCOM Regulation 1-201 page 4 Para 5 F (1).

Special inspections are functional inspections focused on a particular area, program, system, problem or issue, or a group of related problems or procedures. The scope of a special inspection is relatively narrow and focused. Inspectors General normally conduct special inspec-

tions. Staff inspections are also typically special inspections. NETCOM Reg 1-201 page 4 Para 5 F (2).

Follow-up inspections are focused on ensuring adequate corrective actions were executed on deficiencies identified during previous inspections. A follow-up inspection is normally conducted within 12 months of an ICI. NETCOM Reg 1-201 page 4 Para 5 F (3).

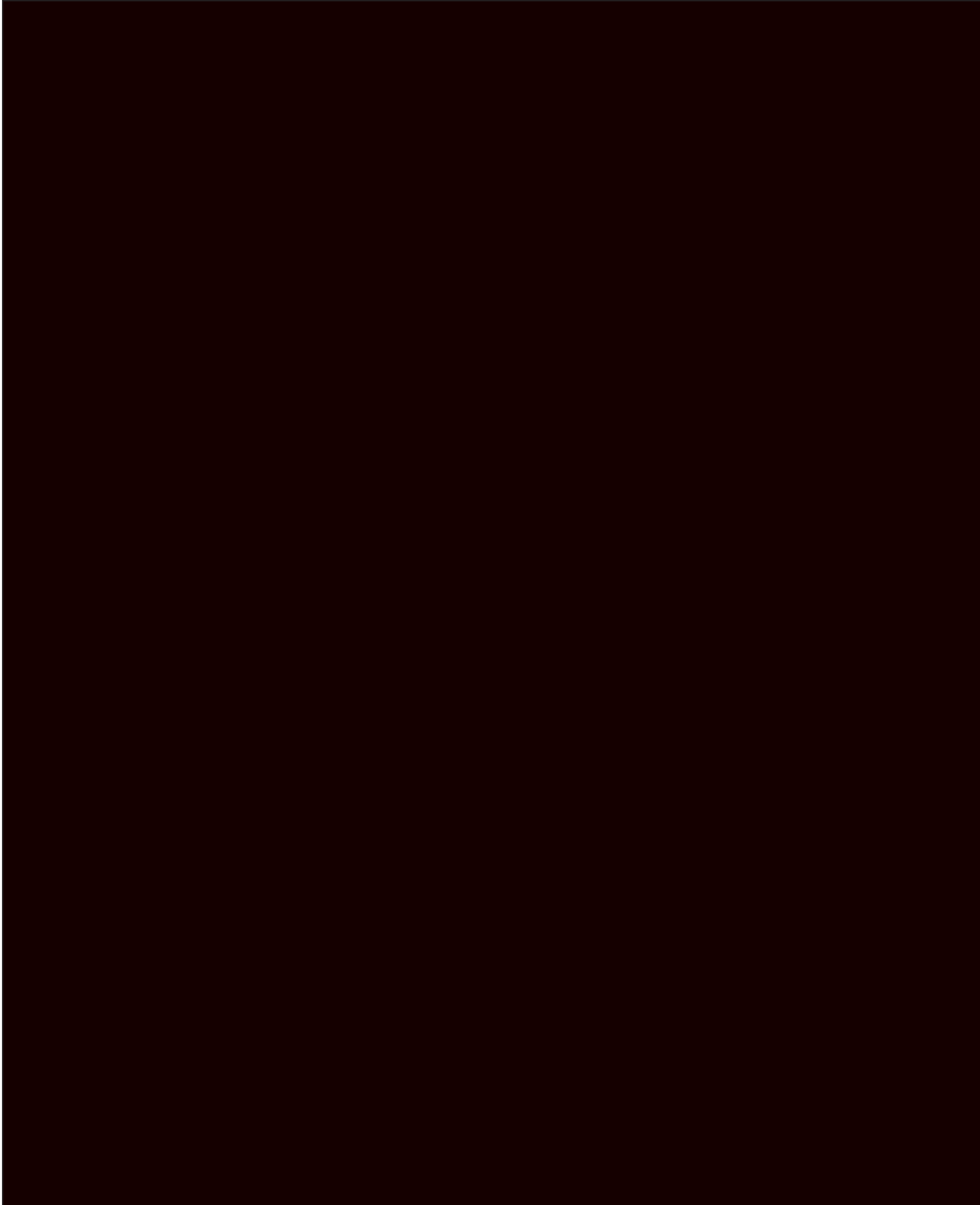
The Inspector General is specifically prohibited from participating in or leading a command or staff inspection per AR 20-1.

The role of the IG in the OIP is to be the proponent for the commands inspection policy.

The IG is also responsible for, monitoring the overall execution of the

OIP, training and certifying acting IG inspectors on the conduct of inspections, training staff officers/NCOs on the OIP as requested by commanders, reviewing OIP results to validate the inspection process, identify trends, and assess OIP effectiveness, facilitating the inbrief and outbrief for each IG inspection, reviewing all findings with inspectors to ensure that the root cause and recommendation for findings are appropriate, and conducting special inspections at the direction of the CG.

For more information, contact your unit OIP coordinator or the NETCOM IG office at DSN 879-7006 or commercial 520-538-7006.



# Concerns raised about Troop Support Initiatives as Holidays approach

ARMY NEWS SERVICE

As the holidays approach, many begin thinking about fellow Americans deployed far from home. While all efforts to support troops serving overseas are greatly appreciated, some are admittedly safer and more effective than others.

"Because the Department of Defense discontinued their 'any Soldier' mailing program in October 2001, Americans are unable to easily send letters or packages to troops they do not personally know," said the Army & Air Force Exchange Services' Chief of Corporate Communications Lt. Col.

Debra Pressley. "This is not done to keep friends and family from sending mail to the troops, but rather to reduce the inherent risks that come with receiving mail from strangers and ease the strain on a taxed military mail system."

Some troop support sites have attempted to address the discontinuation of the popular "any Soldier" program by posting the personal information of deployed troops to the internet.

In response to military families' concerns about security, defense officials have distanced their official Web site from sites

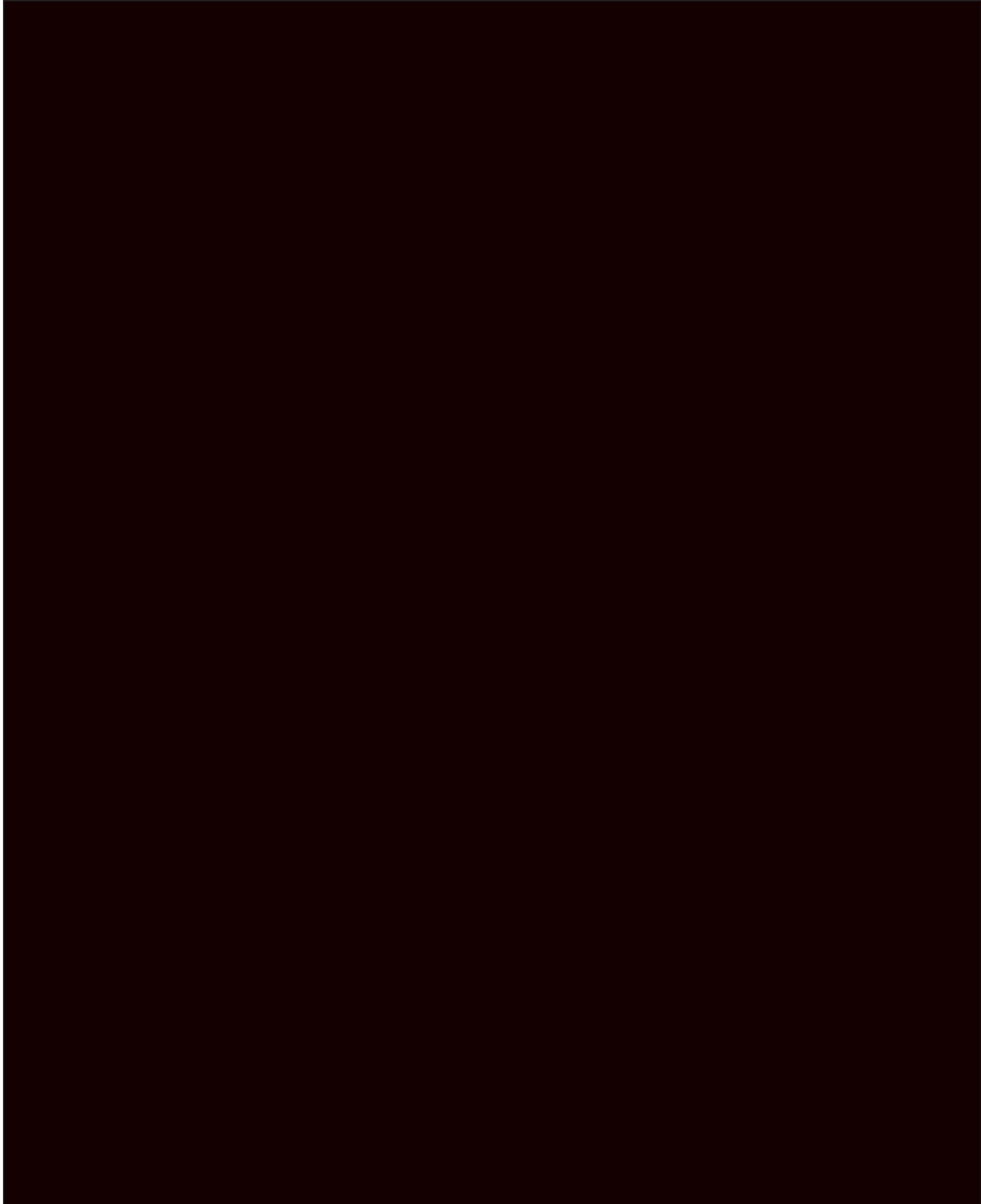
See **CONCERNS**, Page A15



Photo by Esau Lolis

## Fall Clean-up

**Soldiers from Company B , 40th Signal Battalion helped during the clean-up implemented during 15 - 18 Nov. Garrison Command said this fall clean-up was a success, and reiterated the importance of safety. Units should check in with the range control office prior to entering designated areas.**



# U.S. Air Force Maj. Michael Moyles

## Airman battles cancer one step at a time

BY NAVY PETTY OFFICER 3RD CLASS  
TED GREEN

U.S. STRATEGIC COMMAND PUBLIC AFFAIRS

Doctors diagnosed Maj. Michael Moyles with oligoastrocytoma, a type of brain cancer, and gave him six years to live.

Today, the major, a commercial satellite communications operational manager at U.S. Strategic Command here, is alive — and beating cancer one step at a time.

"You never know what tomorrow is going to hold," Moyles said. "I was in the lowest risk group on the planet and at the age of 27 I was diagnosed with terminal brain cancer."

Before cancer, life for Moyles couldn't have been better. He had just proposed to his girlfriend of four years, was going to be a flight commander and was selected for reassignment.

"Everything was perfect," he said. "Life was set."

Then, by accident, he discovered his life would never be the same.

"I was knocked out during a basketball game," Moyles said. "It was just a fluke accident — two guys running into each other — and I lost consciousness."

The Air Force requires any person who loses consciousness to receive a computed tomography, or CT, scan. While checking for hemorrhaging, the doctors found what looked like a golf ball-sized tumor on the major's right frontal lobe.

After a year of observation, doctors determined the tumor was life-threatening and elected to perform surgery.

"I was probably less affected by it than my family," Moyles said. "You hear the term brain cancer and you think it's a death sentence. But I was pretty determined to not let that be the case."

The news of his cancer was the beginning of a battle to beat the disease and not become a statistic.

"To me, it was just another challenge to overcome — like anything else," he said. "For oligoastrocytoma patients, the average survival rate is six to eight years. I'm at year six. So statistics would tell you I have one to two years left."

But Moyles is beating the statistics across the board.

After successfully completing surgery and overcoming the associated fatigue, he went before an Air Force medical board to determine if he was fit

to return to duty.

"After the first surgery, the work was to prove to them that this condition was not chronic or debilitating," the major said. "Those were the two words that would have pretty much been a career killer."

Moyles' condition was neither. After a green light from the board, he set out to ensure there would be no further questioning of his abilities.

"After I fully recovered from surgery, it became a matter of putting myself in the position where I am best equipped to beat what is, for most people, a death

summer," Barriger said. "Then he found out his brain tumor was back."

The major had been in remission for four years with no sign of any cancer. "Then, in January of 2005, it came back and it came back very aggressively," Moyles said.

He went back into surgery April 28, 2005 and had another more aggressive, faster growing, larger tumor removed. This time, docs also elected to perform 12 rounds of chemotherapy.

When Lance Armstrong announced he would be riding his seventh and final Tour de France to benefit the Lance

"I told him before he went to his surgery that if he wanted to do it to let me know and I'd run side by side with him," Barriger said. "We did the event and he was running 8-minute miles."

Back on track and ready to go, Moyles began a rigorous 18-week training schedule to prepare for a marathon in Spokane, Wash.

"That's where my parents retired with my family," Moyles said. "That's where I would get the family support — where they would be able to be a part of it — and meet me at the finish line."

On the morning of Oct. 16, Moyles and two of his training partners, a master sergeant and a high school friend, set out with 96 others to complete in the Spokane Marathon. His wife, Angela, met him at the halfway point. She paced him through the second half of the marathon.

"He was feeling pretty good through miles 13 to 23, so he kept trying to speed up," she said. "I knew toward the end it was going to be rougher on him, so I had to keep slowing him down a bit."

Those last miles were tough to finish. "For those last three miles, it wasn't getting three more miles done, it was getting another 100 yards. It was getting 50 feet. Around the next corner or up this hill," Moyles said. "I was running 23 miles physically and the last three miles mentally."

Moyles and his wife crossed the finish line at 4:49:48 to the cheers of family and friends.

"It was like an ending of this whole ordeal that we've gone through," Angela said. "To be there and to know what he's gone through and that he can accomplish such a feat like running a marathon, it was emotional for both of us."

When all was said and done, Moyles had raised \$6,815 for the National Brain Tumor Foundation. The money will go toward researching a cure for cancer and aiding those afflicted with the disease.

But Moyles isn't stopping there. He'll be competing in three triathlons next year and plans running another marathon in the future.

"Cancer is not a death sentence," he said. "It's hard for some people, but think if you had only one more day, or only one more week. How would you live?"

"Don't wait until you have a week a month left or a year left to think — well then I'd better start living a certain way," he said. "You never know. So live today like you've got one more day."



**U.S. Air Force photo**  
**U.S. Air Force Maj. Michael Moyles and his wife, Angela, run hand-in-hand toward the finish line at the Spokane Marathon. Moyles, who was diagnosed with brain cancer in 1999, had defied the odds to beat the cancer.**

sentence," the major said. "I changed my diet, the number of days I worked out and how I worked out."

It was then that Moyles was approached by coworker, Maj. Steve Barriger, a global broadcast service satellite operational manager. The Marine invited Moyles to participate in a triathlon as his partner.

"We did that event, and did pretty well," Barriger said.

From there on out, Moyles was hooked. The event was just what he needed to keep in peak shape. He and Barriger continued to compete in triathlons and dualathlons until the winter of 2004.

"We'd already been talking about running a marathon and what dualathlons and triathlons we wanted to do that

Armstrong Foundation, Moyles was still in the hospital recovering from surgery.

"There was a lot of inspiration there, seeing what he was doing and I thought there's no reason why I can't do something similar," he said. "I can't ride a Tour de France, but ... I can do a marathon and pledge every mile of the 26.2 miles to raising money for brain cancer research and brain cancer awareness."

He began taking pledges — while still in the hospital — from nurses, doctors, friends and family.

"I couldn't even walk yet and I was already planning to run a marathon," he said.

Moyles was released after spending only two days in the hospital. Less than six weeks later, he and Barriger were competing together in a dualathlon.

# Reserve MI unit demobilized

BY THOM WILLIAMS  
SCOUT STAFF

Soldiers from Detachment 4, 2/84th Military Intelligence Battalion a mobilized reserve unit from Fort McCoy, Wis., demobilized at a ceremony Friday on Brown Parade Field.

When the unit's color was cased, it marked the end of the 84th Division, a reserve unit that has been closed down and inactivated.

The Soldiers have been stationed at Fort Huachuca since January 2004 and were attached to the 111th Military Intelligence Brigade.

While mobilized, most of the Soldiers served as instructors at the U. S. Army Intelligence Center.

Maj. Gen. Stephen B. Thompson, deputy commanding general, U. S. Army Reserve, Training and Doctrine Command presented the unit with the superior unit award.

Thompson thanked the families, friends and employers of the unit's Soldiers for enduring hardships during the mobilization.

Thompson also spoke of the contributions the Soldiers made to the Global War on Terrorism.

"The skills they taught have allowed deployed units to identify,

defend themselves from and defeat a myriad of threats posed by our enemies," he said.

Thompson went on to say deployed Soldiers lives have been saved because of the Soldiers the reservists trained.

Col. Kevin C. Peterson, deputy commander for training, U.S. Army Intelligence Center, compared the unit's performance to baseball player Roger Clemens receiving the Most Valuable Player Award in the American League on Nov. 18, 1986.

"Like Roger Clemens nineteen years ago, we recognize you as our most valuable player for 2005," he said.

"Words are absolutely meaningless to describe [the unit's] accomplishments because their deeds speak for themselves," said Col. Thomas M. Kelley, 111th Military Intelligence Brigade commander.

*Like Roger Clemens  
nineteen years ago, we  
recognize you as our most  
valuable player for 2005*

**Col. Kevin C. Peterson, deputy  
commander for training, U.S. Army  
Intelligence Center**



Photo by Thom Williams

**Lt. Col. Christy Nixon, (back to camera) commander of the Detachment 4, 2/84th Military Intelligence Battalion a reserve unit from Fort McCoy, Wis., holds the colors while Col. Thomas M. Kelley and Sgt. Major Robert A. Pinter (right) finish casing the color. The casing of the color symbolizes the demobilization of the unit.**

Kelley then asked the audience to join him in giving the unit a standing ovation.

"I can think of no better final chapter to write in the history of the 84th Division than with the conclusion of the 2/84th's mobilized service here at Fort Huachuca

during the last two years," said Col. William A. Soderberg, commander, 3rd Brigade, 100th Division.

Many of the Soldiers will not be moving very far as half the members of the unit requested an extension and will continue with the mission.

Range Closures

Contact Range Control at 533-7095. Closures are subject to change.

Volunteers needed

Tax season is fast approaching; volunteer for the 2006 Fort Huachuca Tax Center and help assist Soldiers, military retirees, and their families with their income tax filing. No experience necessary, training provided, flexible hours.

For more information, see Capt. Suji M. Rodgers in the Legal Assistance Office or call (520) 533-2009.

Thunder Mountain Aquatic Club is looking for Certified Lifeguards.

Anyone interested in swimming and/or diving is invited to come check us out. Practices are held at Barnes Field House Pool. For more information contact Karen Robins at (520) 234-5419. Practices are held at Barnes Field House Pool.

For more information contact Karen Robins at (520) 234-5419 or look the club up online at [www.tmac-lightning.org](http://www.tmac-lightning.org)

Thanksgiving Mass

Catholic Thanksgiving Mass will be held at 7 p.m. Wednesday at the Main Post Chapel. For more information, call Terri Turner at 366-5432.

Thanksgiving Mass

A Thanksgiving Day Episcopal Service will be held at the Main Post Chapel at 9 a.m. Nov. 24.

For more information, call Chaplain (Maj.) Robert Neske at 538-7379.

Office closure

In order for the employees of the Housing Division to celebrate the long Thanksgiving weekend with their families, the housing office will be closed Thursday and Friday. The office will re-open Nov. 28; our normal office hours are 9 a.m. - 4 p.m. . Please schedule your office visits accordingly.

Army Education Center hours.

Counselors/Testing Division, Including eARMYU

Monday -Thursday 7:30a.m. – 4:30 p.m.

Friday 7:30 a.m. - noon

Walk-in Only

Testing Division must be by appointment only

Open Computer Area

Monday - Thursday 7:30 a.m. – 9:30 p.m.

Friday 7:30 a.m. - noon

Saturday 9 a.m. – 3 p.m.

***Persons not in uniform must have a government related ID. Dependents under 16 must be accompanied by a parent or guardian.***

College Students must either have ID or verification they are a student with a college. All computer users will

read rules and abide by them. Those who do not abide by rules will lose their Internet privileges for 30 days. If you are going to print multiple pages ( 6 or more), please bring you own paper. College students with colleges at the Education Center do not need to bring paper.

Volunteers needed for the 2006 Army Family Action Plan Conference

The conference will be held Jan 23 - 25 at the Thunder Mountain Activity Center. Volunteers are needed in the following areas:

Senior Spouse Representative for the Planning Committee • Better Opportunities for Single Soldier representative for the planning committee •Registration Chairperson•Volunteer Recruitment Chairperson•Hospitality Chairperson• Teen AFAP Chairperson •Facilitators, Recorders, Transcribers, Presentation Managers • Adult and teen delegates

Your voice can make a difference! If you have a genuine suggestion that could benefit the military community or the whole military quality of life, we need to hear from you. Please take the time to complete an AFAP Issue Sheet and return it to Army Community Service. Issue Sheets can be found throughout units, and online. Updates for the remaining active issues need to be submitted no later than 5 Dec.

The next AFAP Commander’s Steering Committee meeting is 13 Dec 05 in the MWR Training Room building # 22214 from 1500-1600.

For more information, contact Cheryl Patterson at 533-3686/2330 or [cheryl.patterson2@us.army.mil](mailto:cheryl.patterson2@us.army.mil).

No refuse service on Thanksgiving.

Sunrise Sanitation will be closed. Thursday’s route will be picked up on Friday and Friday’s route will be picked up on Saturday. If you have any questions, please call Mr. Kim Taylor at 533-3574.

15th Annual Holiday Tour of Historic Homes

Tickets are on sale for the tour of Fort Huachuca. The tour, sponsored by the Fort Huachuca Community Spouses Club, will be held 2-6 p.m Dec 4.

Advance tickets cost \$8 and can be purchased from the MWR Box Office at 520-533-2404, the Fort Huachuca Museum, the Post Thrift Shop, the Sierra Vista Chamber of Commerce, Safeway, and from any FHCSC board member. Tickets the day of the tour are \$9.

For safety, children under ten are not admitted. Homes are not handicap accessible. Cameras and video equipment are prohibited.

For more information, call 520-515-8497.

Chaplain’s Corner

Protestant Sunday Services

8 a.m.	Episcopal	Main Post
9:20 a.m.	Gospel	Kino Chapel
9:30 a.m.	Protestant	Prosser Village
11 a.m.	Cross Roads	Cochise Theater
11 a.m.	Collective	Main Post
3:30 p.m.	ALPHA	Prosser Village

Roman Catholic Worship

Mon.-Fri.	11:30 a.m.	Main Post
Saturday	4 p.m.	Main Post
Confession		
Saturday	5 p.m.	Main Post
Mass		
Sunday	9:30 a.m.	Main Post
Mass		
Sunday	11:30 a.m.	Kino Chapel
Mass		

Jewish Worship

Friday	7 p.m.	Main Post
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Catholic

Main Post Chapel

CCD	Sunday	10:45 a.m.
Adult	Sunday	10:45 a.m.
Apologetics		
Adoration of the	Friday	3 - 6 p.m.
Sacrament Blessed		
Korean OCIA	Friday	7 p.m.
MCCW	1st Friday	9 a.m.

Protestant

Main Post Chapel

PWOC	Tuesday	9 a.m.
Sunday School	Sunday	9:30 a.m.
Kino Chapel		
Women’s Ministry	1st, 3rd Friday	6 p.m.
Bible Study Fellowship		
Adult/Youth	Sunday	8 a.m.
Sunday School		
Youth Church	1st, 2nd, 3rd, 5th Sunday	

Men’s Choir	Tuesday	7 p.m.
Rehearsal		
Women’s Choir	2nd Tuesday	7 p.m.
Rehearsal		
Adult Bible Study	Thursday	6 - 7 p.m.
Youth Bible Study	Thursday	6 - 7 p.m.
Sanctuary Choir	Thursday	7 p.m.
Rehearsal		
Youth Ushers	Saturday	10 a.m.
Youth Choir	3rd Saturday	10:30 a.m.
Youth Emphasis	4th Saturday	
Saturdays		

Drama Team	Saturday	8:30 a.m.
Youth Min. Staff	Saturday	10 a.m.
& Parents Meeting		
Youth Choir	Saturday	10:30 a.m.
Rehearsal		

Murr Community Center

Teens and	Sunday	9:20 a.m.
Pre-teens Study		
Parish Council	1st Sunday after service	
Meetings		

Women’s Ministry	2nd Sunday	
Meetings		
Youth Ministry	3rd Sunday	
Meetings		
Adult Usher	4th Sunday after service	
Meetings		
Men’s Ministry	Saturday	8 a.m.
Bible Study		
Women’s Choir	5th Saturday	11 a.m.
Rehearsal		

Muslim Prayer

Friday	11:30 a.m.	Main Post
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Buddhist Weekly Teaching

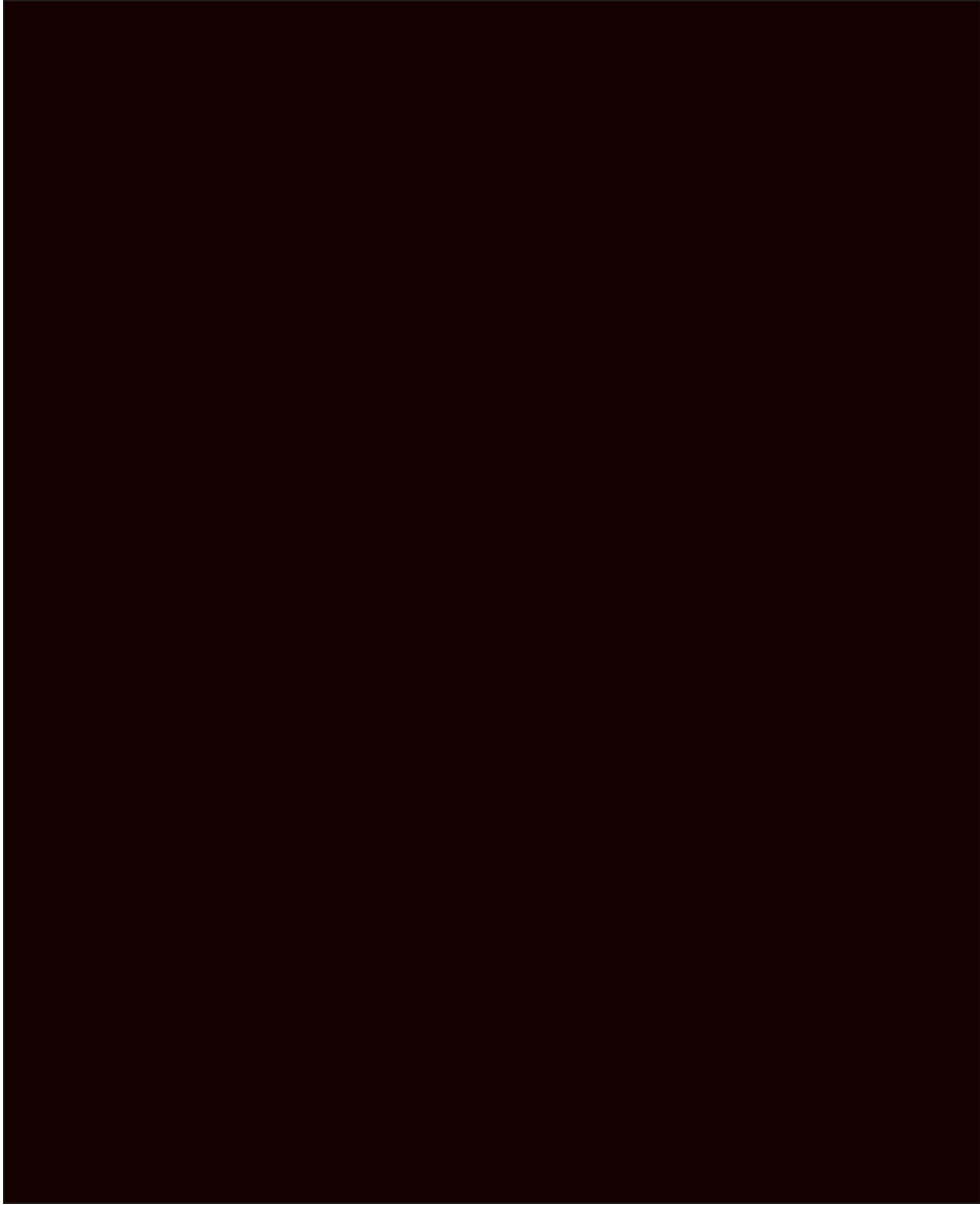
Tuesday	6:30 p.m.	Prosser Village
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Orthodox Divine Liturgy

Sunday	10 a.m.	Main Post
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Latter Day Saints Service

Sunday	1 p.m.	Prosser Village
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Diamonds, from Page A2

“Okay,” I thought to myself. She is hitting on my husband and I am right here. I stuck my hand out and introduced myself as his wife. She smiled, took my hand and said it was nice to meet me. She then began to talk about how she didn’t realize how much a part of her life the diamond represented. “The nerve,” I thought, “of this woman!” After a few more minutes, she stated that she had to leave and take care of things.

After she left, I looked at my husband and said how I couldn’t believe she had the nerve to talk to him about

her divorce, her losing her diamond, moving on, and knowing he would understand, right in front of me! My husband looked at me, perplexed, and asked what I meant. I told him that I couldn’t believe she was talking about her divorce and wanting him to understand. He said, “What do you mean her divorce?” I said sarcastically, “You know, losing her diamond.” A huge grin began to spread across my husband’s face. “She isn’t getting a divorce,” he said. “She is a First Sergeant and she’s moving on to another position”

“But what about the diamond?”

My husband explained that a 1st Sgt. wears a diamond as part of the insignia. When they move out of a 1st Sgt. position, they “lose the diamond.” My husband had been a 1st. Sgt. He went on to explain that the position of a 1st. Sgt. is very demanding, intense and an honor. Needless to say, I decided I needed to go to the Army Family Team Building class. I needed to learn about diamonds -- and so much more.



Photo by Esau Lolis

### Civilian of the Month

*Johnnie Edmond Cross is the Fort Huachuca Civilian of the Month for November. He is an office assistant for the Directorate of Plans, Training, Mobilization and Security.*

*Edmonds was nominated for personal and professional excellence as an office assistant.*

*Edmond will receive an Achievement Medal for Civilian Service, the use of a car for one month from Lawley Chevrolet, gift certificates from Sierra Vista merchants, a desk plaque from the Civilian Personnel Advisory Center, a Morale, Welfare and Recreation certificate for lunch or dinner from a Fort Huachuca establishment, a wall plaque from the Sierra Vista Chamber of Commerce and his name, as Civilian of the Month, posted at the main gate.*

*Supervisors can nominate their deserving employees for Civilian of the Month. Per Fort Huachuca regulation 690-5, all permanent appropriated fund and nonappropriated fund employees are eligible with the exception of employees officially assigned as supervisors (GS-10 and above) and senior executive service personnel. For more information, call the CPAC at 533-5273.*

**The nominees were:**

- Helen Walker**-Computer Assistant USAIC&FH
- Eric Henderson**-FNP, MEDDAC
- Rhonda McDaniel** - Information Systems, Netcom
- Laurie Packard**-Purchasing Agent, IETC4-W
- Suzanne Crawford**-C & Y Program Assistant, MWR
- Patrick McCarthen** - Logistics Management, CSLA
- Josephine Moore** - Outreach Ministries, Chaplains
- Carrie Bradke**-Fitness Specialist, MWR
- Clayton Huntley** - Intelligence, Surv. & Recon, USAOTC
- Michael Hoesch**-Supply Technician, 111th MI

**CONCERNS**, from Page A8

that publicly post arrival and departure dates to and from Iraq or Afghanistan, home bases, names and addresses.

Shortly after the “any Soldier” program was discontinued, AAFES also set out to find a program that any individual, organization or business could use to send support to troops serving in Operation Enduring Freedom, even if they didn’t have a name or address.

The solution to those wanting to help their nameless heroes was found in a gift certificate program dubbed “Gifts from the Homefront.”

Lightweight, regulated and affordable, these Exchange gift certificates can be redeemed at any AAFES PX/BX facility in the world including more than 55 locations scattered throughout Operations Enduring and Iraqi Freedom.

“Gifts from the Homefront” can be sent to a specific Soldier, Airmen, Sailor or Marine or addressed to the attention of “Any Service Member.” AAFES works in cooperation with charitable organizations such as the American Red Cross, Air Force Aid Society, Fisher House and USO to distribute support earmarked for “any

service member.”

Reports from Iraq indicate troops are redeeming the PX/BX gift certificates for sports drinks, candy bars and phone cards.

“If you know someone serving far from home, please send them letters, baked goods and love from home,” said Lt. Col. Pressley. “If you don’t have a specific service member’s name or address, ‘Gifts from the Homefront’ offers a flexible, efficient and secure care package alternative that makes it easy to show deployed troops you are thinking of them.”

“Gifts from the Homefront” gift certificates are

available at [www.aafes.org](http://www.aafes.org) or 877-770-4438.

*If you know  
someone serving far  
from home, please  
send them letters,  
baked goods and  
love from home*

**Lt. Col Debra Pressley,  
AAFES Chief of Corporate  
Communications**

Whether sending a traditional care package or a “Gift from the Homefront,” Americans are advised to mail early.

The earliest recommended mailing deadline from the Military Postal Service Agency was Nov. 12 for parcel post to Iraq and Afghanistan.





*Bravo 305th IET students tie themselves in Swiss seats in preparation for the rappel off of a 100-foot and 80-foot cliff.*

*Below, Sgt. Kristen Chapa builds confidence in a soldier who is about to rappel off the cliff.*



# Rappelling at Garden Canyon



Photos by  
Esau Lolis

*MI Soldiers brave the cliffs of Garden Canyon*

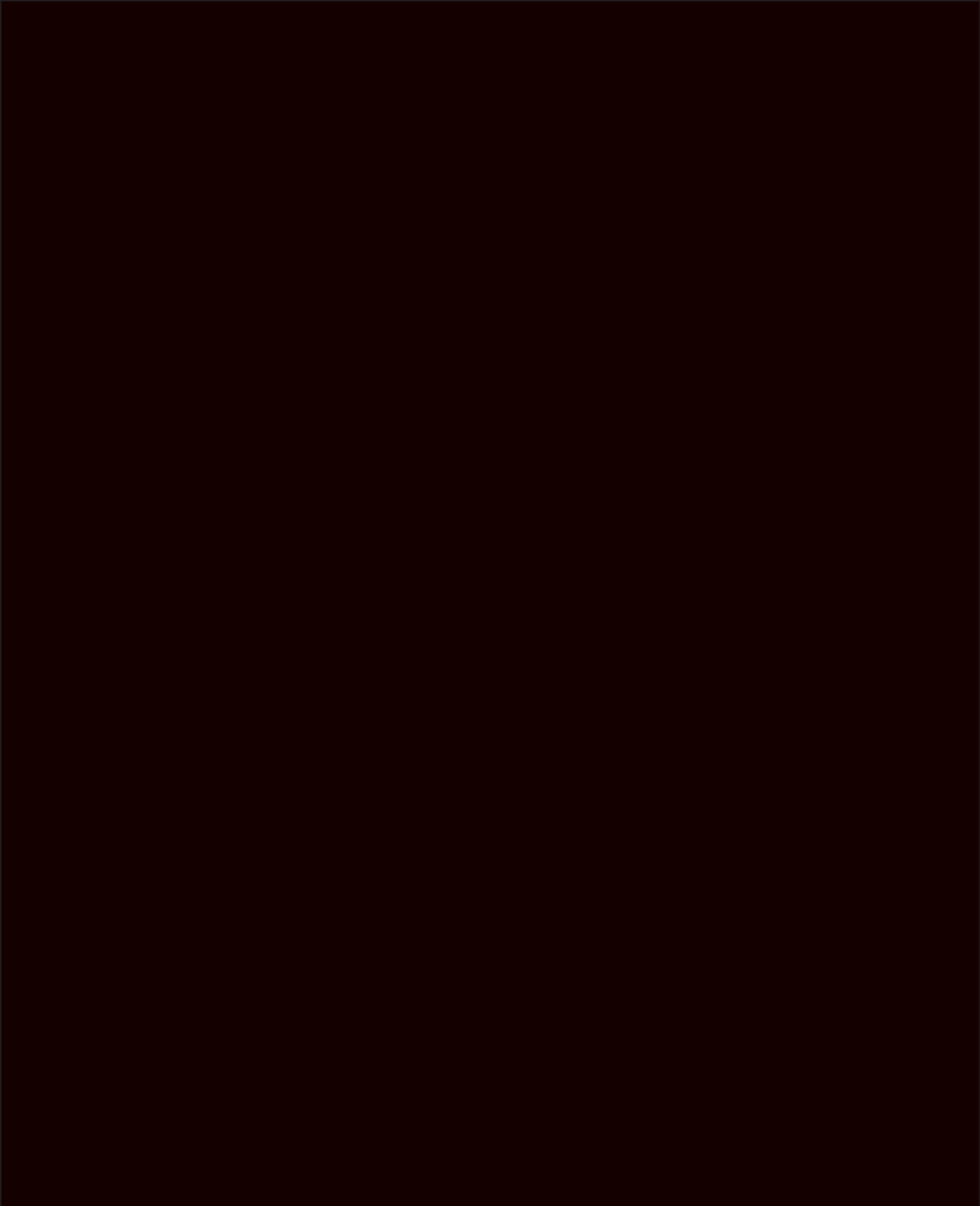


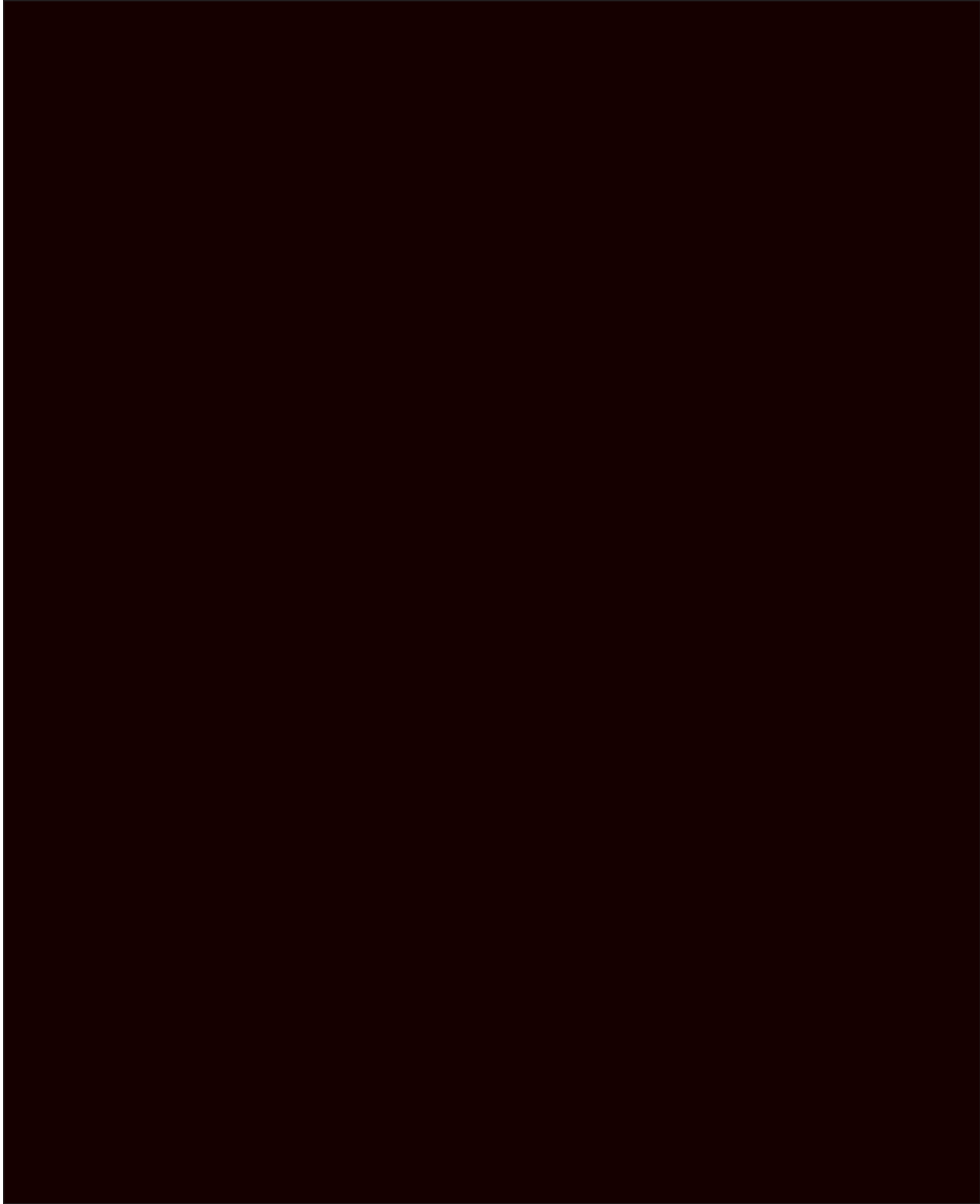
Staff Sgt. Verlon land explains how to tie a safety knot to Sgt. Kristen Chapa.

***Company B, 305th Military Intelligence Battalion held a Rappelling exercise Saturday at the rappel cliffs.***



Sgt. 1st Class Steve Kyle was the first to rappel off the cliff after the ropes were tied.





# Ultimate sacrifice paid in support of OIF

**Sgt. Dominic J. Sacco**, 32, of Albany, N.Y., died in Taji, Iraq, on Sunday, when his M1A1 Abrams tank was attacked by enemy forces using small arms fire.

Sacco was assigned to the Army's 1st Battalion, 13th Armor Regiment, 3rd Brigade Combat Team, 1st Armored Division, Fort Riley, Kan.

**Master Sgt. Anthony R. C. Yost**, 39, of Flint, Mich., died in Mosul, on Saturday, when a vehicle-borne improvised explosive device detonated near his position during combat operations.

Yost was assigned to the 3rd Battalion, 3rd Special Forces Group, Fort Bragg, N.C.

**Pvt. Christopher M. Alcozer**, 21, of DeKalb, Ill., died in Mosul, Iraq, on Saturday, when his unit was attacked by enemy forces using small arms fire and grenades.

Alcozer was assigned to the 2nd Battalion, 1st Infantry Regiment, 172nd Stryker Brigade

Combat Team, Fort Wainwright, Alaska.

**Sgt. Luis R. Reyes**, 26, of Aurora, Colo., died en route to Ali Al Salem, Kuwait, on Friday, when the bus in which he was riding rolled over. Reyes was assigned to the Army National Guard's 947th Engineer Company, Durango, Colo.

**Staff Sgt. Ivan V. Alarcon**, 23, of Jerome, Idaho, died in Tal Afar, Iraq, Thursday, when his HMMWV accidentally rolled over during combat operations.

Alarcon was assigned to the Army's 473rd Quartermaster Company, Hunter Army Airfield, Ga.

Two soldiers who were supporting Operation Iraqi Freedom died of injuries sustained in Bayji, Iraq, on Thursday, when their HMMWV was involved in a vehicle accident during convoy operations.

Both soldiers were assigned to the 3rd Special Troops Battalion,

3rd Brigade Combat Team, 101st Airborne Division, Fort Campbell, Ky.

Killed were:

**Spc. Vernon R. Widner**, 34, of Redlands, Calif., in Tikrit, Iraq, on Nov. 17.

**Pfc. Anthony A. Gaunky**, 19, of Sparta, Wis., at Landstuhl Regional Medical Center in Landstuhl, Germany, on Nov. 18.

**Pvt. Dylan R. Paytas**, 20, of Freedom, Pa., died in Baqubah, Iraq, on Nov. 16, from injuries sustained from multiple gunshot wounds.

Paytas was assigned to the 3rd Brigade Troops Battalion, 3rd Infantry Division, Fort Benning, Ga.

**2nd Lt. Donald R. McGlothlin**, 26, of Lebanon, Va., died Nov. 16 from small arms fire while conducting combat operations against enemy forces during Operation Steel Curtain in Ubaydi, Iraq.

McGlothlin was assigned to Battalion Landing Team 2nd Bat-

talion, 1st Marine Regiment, 13th Marine Expeditionary Unit, I Marine Expeditionary Force, Camp Pendleton, Calif. His unit was attached to 2nd Marine Division, II Marine Expeditionary Force (Forward).

Four Marines who were supporting Operation Iraqi Freedom died.

**Lance Cpl. Roger W. Deeds**, 24, of Biloxi, Miss.

**Lance Cpl. John A. Lucente**, 19, of Grass Valley, Calif.

**Cpl. Jeffry A. Rogers**, 21, of Oklahoma City, Okla.

**Cpl. Joshua J. Ware**, 20, of Apache, Okla.

All four Marines died Nov. 16 while conducting combat operations against enemy forces during Operation Steel Curtain in Ubaydi, Iraq.

Deeds, Rogers and Ware all died as a result of enemy small arms fire, while Lucente died from wounds sustained from an enemy

hand grenade.

All four Marines were assigned to Battalion Landing Team 2nd Battalion, 1st Marine Regiment, 13th Marine Expeditionary Unit, I Marine Expeditionary Force, Camp Pendleton, Calif.

During Operation Iraqi Freedom, their unit was attached to 2nd Marine Division, II Marine Expeditionary Force (Forward).

**Lance Cpl. Nickolas D. Schiavoni**, 26, of Haverhill, Mass., died Nov. 15 from a suicide, vehicle-borne, improvised explosive device while conducting combat operations against enemy forces near Al Karmah, Iraq.

Nickloas was assigned to the 2nd Battalion, 2nd Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

**Pvt. Dylan R. Paytas**, 20, of Freedom, Pa., died in Baqubah, Iraq, on Nov. 16, from injuries sustained from multiple gunshot wounds.

Paytas was assigned to the 3rd Brigade Troops Battalion, 3rd In-

fantry Division, Fort Benning, Ga.

The incident is under investigation.

**Lance Cpl. Nickolas D. Schiavoni**, 26, of Haverhill, Mass., died Nov. 15 from a suicide, vehicle-borne, improvised explosive device while conducting combat operations against enemy forces near Al Karmah, Iraq. He was assigned to the 2nd Battalion, 2nd Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

**Sgt. 1st Class James S. Ochsner**, 36, of Waukegan, Ill., died in Orgun-E, Afghanistan, on Nov. 15, when an improvised explosive device detonated near his HMMWV during a supply distribution mission.

Ochsner was assigned to the Army's 2nd Battalion, 3rd Special Forces Group, Fort Bragg, N.C.

Four soldiers who were supporting Operation Iraqi Freedom died of injuries sustained in Taji, Iraq, on Nov. 15, when an improvised explosive device detonated near their HMMWV during com-

bat operations.

The soldiers were assigned to the 1st Battalion, 320th Field Artillery Regiment, 101st Airborne Division, Fort Campbell, Ky.

Killed were:

**Staff Sgt. James E. Estep**, 26, of Leesburg, Fla., in Taji, Iraq, on Nov. 15.

**Spc. Matthew J. Holley**, 21, of San Diego, Calif., in Taji, Iraq, on Nov. 15.

**Spc. Alexis Roman-Cruz**, 33, of Brandon, Fla., in Balad, Iraq, on Nov. 16.

**Pfc. Travis J. Grigg**, 24, of Inola, Okla., in Taji, Iraq, on Nov. 15.

Three Marines who were supporting Operation Iraqi Freedom died.

**Cpl. John M. Longoria**, 21, of Nixon, Texas, died Nov. 14 of wounds sustained from small arms fire while conducting combat operations against enemy forces during Operation Steel Curtain in New Ubaydi, Iraq.

**Maj. Ramon J. Mendoza Jr.**, 37, of Columbus, Ohio, and **Lance**

**Cpl. Christopher M. McCrackin**, 20, of Liverpool, Texas, both died Nov. 14 from an improvised explosive device while conducting combat operations against enemy forces during Operation Steel Curtain in New Ubaydi, Iraq.

All three Marines were assigned to Battalion Landing Team 2nd Battalion, 1st Marine Regiment, 13th Marine Expeditionary Unit, I Marine Expeditionary Force, Camp Pendleton, Calif.

During Operation Iraqi Freedom, their unit was attached to 2nd Marine Division, II Marine Expeditionary Force (Forward).

## MWR Arts Center's Holiday Arts and Crafts Sale

The event will be held 9 a.m. - 4 p.m., Dec. 3, at Building 52008 on Arizona Street, across from the Commissary. It is open to the public. Items such as ceramics, pottery, jewelry, greenware and frames will be marked down 25 percent in price. You will also have the opportunity to visit the Geronimo Gallery at the Arts Center. The gallery features a wide selection of art and craft items that were created by local artists. During the sale, everything in the gallery will also be marked down 25 percent off the regular price.

This is your chance to start your holiday shopping or purchase the materials for that project you've been planning. The Arts Center is open noon - 8 p.m., Tuesday - Thursday and 9 a.m. - 5 p.m., Friday and Saturday. The facility offers a wide variety of classes in various media for all ages. The classes are open to everyone.

The MWR Arts Center offers local artisans the opportunity to display and sell their works of art at the Geronimo Gallery. Spaces are available to rent on a monthly basis, and cost depends on the size of the space.

For more information about the sale, classes, call Riki Tarquinio or Ricardo Alonzo at 533-2015.



**Some of the items available for sale at the Geronimo Gallery at the MWR Arts Center.**

## Golf course, field house, pool, open tomorrow for your convenience

MWR facilities and offices have announced special hours and closures for the Thanksgiving weekend.

Time Out will be open special hours, 8 p.m. - 4 a.m., today.

All MWR facilities and offices will be closed tomorrow, Thanksgiving Day, except for the following: Barnes Field House and Barnes Pool, open 8 a.m. - 2 p.m.; Mountain View Golf Course, open normal holiday hours; and Army Lodging, open 24 hours.

The following facilities will be closed Friday: Thunder Mountain Activity Centre; Child and Youth Services Outreach and Central Enrollment Registration Offices; the Family Child Care Office; and School Age Services.

Friday, the following facilities will be open special hours: Jeannie's Diner, 11 a.m. - 10:30 p.m.; Desert Lanes, noon - 11 p.m.; Barnes Pool, open 5 a.m. - 2 p.m.; and the New Beginnings Child Development Center, open 7:30 a.m. - 4:30 p.m., for child care for children who are school age and younger.

Other MWR facilities will be open regular hours Friday, and all MWR facilities will resume normal weekend hours, Saturday and Sunday.

## Sign holiday card for the troops

Now through Nov. 30 at Jeannie's Diner, you can sign a giant Christmas card, which will be sent to the troops overseas in time for the holidays.

Call 533-5759 for more information.

## New classes at MWR Arts Center

The MWR Arts Center will offer a pine needle basket making class 6 - 8 p.m., Nov 30, Dec. 7, 14 and 21. Cost of the class is \$50, includes materials and is due at sign-up.

A beginning basket weaving class will be offered 6 - 8 p.m., Dec. 1, 8, 15 and 22. Cost of the class is \$25 and includes all materials.

Register for these class at the MWR Arts Center,

Building 52008, Arizona Street, or call 533-2015 for more information.

## Eifler Relays set for Dec. 3

The Sports and Fitness Branch of MWR will present the Eifler Relays, beginning at 8 a.m., Dec. 3.

Teams will be made up of four runners, running four 1000-yard legs. Entry fee is \$10 per team. There will be prizes for the top three teams.

For more information, call Mick Gue at 533-4723.

## Evening aerobics classes added at BFH

The Sports and Fitness branch of MWR will offer beginning step aerobics, 5-5:45 p.m., Mondays and cardio kickboxing, 5 - 5:45 p.m., Wednesdays, beginning Dec. 5.

Space is limited, so participants will be accepted on a first-come, first-served basis.

Fees are \$20 for each class, per month; \$3 per individual class; and \$1 per individual class for active duty military.

Sign up at the front desk at Barnes Field House, or for more information, call Carrie Bradke at 533-0041.

## CDC will offer special child care hours for holiday shopping

The New Beginnings Child Development Center will be open two Saturdays to provide child care for parents who want to do their holiday shopping without their children. The special hours will be 8 a.m. - 5 p.m., Dec. 10 and 17. The CDC is located in Building 48101.

Pre-registration is required. The cost is \$3 per hour, per child; or \$5 per hour for families with two or more children. Call the Central Registration Office at 533-0738 to sign up.

## Unique holiday gifts available at ITR

It's never too early to do your holiday shopping, and the MWR Information, Tickets and Reservations

Office has several unique gift ideas available.

ITR has NFL football packages for the remaining Arizona Cardinal home games, including: Dec. 11 vs. the Washington Redskins; and Dec. 24 vs. the Philadelphia Eagles.

The packages include one night's accommodations at the Amerisuites in Tempe, Ariz., breakfast buffet, tickets to the game of your choice and transportation to and from the stadium. Prices start at \$112 per person.

Tickets for upcoming events at the Tucson Convention Center also make a unique gift. ITR has tickets for the following TCC events, including: Dec. 2 - 4, "A Southwest Nutcracker;" Dec. 11, the Trans-Siberian Orchestra; Dec. 12, "Barenaked Ladies;" and Dec. 19, "Blue Christmas," a holiday tribute to Elvis Presley. TCC tickets are available to purchase 10 a.m. - 4 p.m. only.

ITR also has the 2006 "Tucson Passport to Savings" books on sale for \$15, and the 2006 Entertainment Book (covering Tucson and South-eastern Arizona) for the discounted price of \$35. These books contain coupons for restaurants, hotels and travel, and money-saving offers from area attractions such as Kartchner Caverns, Old Tucson Studios, Pima Air and Space Museum and many more. They make great stocking stuffers.

ITR can also assist you in booking a cruise, which would make an unforgettable holiday gift.

For more information on any of these services, call 533-2404 or drop by the ITR Office, Building 70914, Irwin Street. The facility is open 9 a.m. - 5 p.m., Monday - Friday and 10 a.m. - 2 p.m., Saturday.

## Register for Youth basketball program

Registration for the Fort Huachuca Coed Youth Basketball program is now in progress and will continue through Dec. 22. The program, which will begin in mid-January, 2006, is open to youth ages 5 - 15. Cost is \$40 for the first child and \$32 for each additional child in the same family.

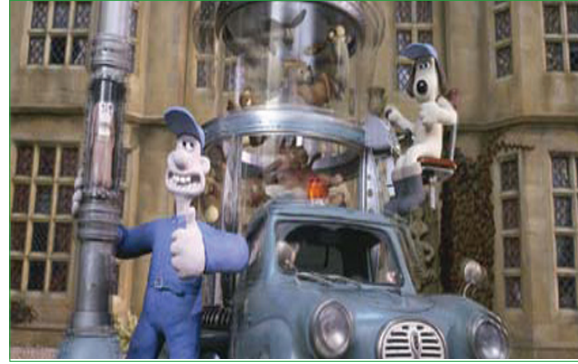
For more information, call Steve Wambach at 533-8168 or 533-3205.



## Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula Gorman at 533-4036 or send an e-mail to paula.gorman@huachuca.army.mil or visit us on the Web at gwrhuachuca.com

# The Scout TimeOut



## Movies

Wallace & Gromit: Curse of the Were-Rabbit plays at 2 p.m. Saturday at Cochise Theater. For the complete listing of this week's movies, see Page B6.

## The performing dentist

BY TERRI MUELLER

Throughout the week at Reunion Dental Clinic, Kathleen Shaughnessy, DDS is involved with providing dental treatment for the Active Duty Soldiers on Ft. Huachuca. On the weekend, through the courtesy of the Tombstone Repertory Company, Dr. Shaughnessy becomes a very different person. The pleasant dentist that we all know becomes

the evil, scheming stepmother, Lillith Chadwick, in the play "Where There's a Will There's a Wangle" (or) "Red Herrings in Boxes Without Tops." This comedy melodrama, written by Ida Beckel, is being performed at the historic Schieffelin Hall in Tombstone, Arizona.

Kathleen's interest in the performing arts began in Junior High School, and continued through college and Dental School.

As a Commissioned Naval Officer, she performed with the "Fire and Ice Theater" company at Annapolis. She says, "People do Community Theater because they love it" and wherever her career takes her, she pursues her life long interest.

The Saturday night performance found the co-workers of Dr. Shaughnessy in the audience having fun, hissing and booing the evil Lillith. Seeing their doctor

in satin and lace gowns instead of aqua colored hospital scrubs, singing and acting was equally enjoyable.

The production continues every Saturday and Sunday, in Tombstone, through December 17.

We hope to see Kathleen in other future Community Theater productions; as she and her husband, transplants from Monterey California, have made Sierra Vista their permanent home.

Monday, she returned to Reunion Dental Clinic, resuming her more familiar role as Dr. Shaughnessy, dentist.

## UAV a hit at Airport Fly-in and Open House



**Staff Sgt. John Brantly from Company E, 305th Military Intelligence Battalion explains the mission and capabilities of the UAV.**

BY ROB MARTINEZ  
SCOUT STAFF

On Nov 5, children became "Young Eagles" at the Sierra Vista Municipal Airport, where they took exciting airplane flights at no charge!

Unmanned Aerial Vehicles Hunter and Shadow also made an appearance in a UAV exhibit.

Chapter 776 of the Experimental Aircraft Association, the City of Sierra Vista Airport Commission and the Department of Public works sponsored the event.

Children, aged eight through seventeen, were eligible for one free flight in a certified airplane flown by a certified pilot.

Jon Nelson, a flight instructor, said the program is "actually a really good deal ... it's nation wide, millions of kids are in it."

Nelson was excited about the event, and asked the children in line waiting for their turn to fly who was the most interested in learning to fly. Eleven year old Christin Crounse yelled, "Me! Me!"

When her turn came up,

Nelson actually let her fly the plane herself.

"It was cool," she said, "like you were on top of the world!"

Crounse had a chance to fly the plane and park it on the runway.

"She did very well," Nelson said, "nice light touch ..., good learner."

Nelson said flying is a good way to get children interested in aviation. It teaches them discipline and decision-making. "It's a lasting memory they'll never forget," he said.

The UAV exhibit drew a large crowd as well.

Staff Sgt. John Brantly from Company E, 305th Military Intelligence Battalion helped educate the inquisitive onlookers on the mission and capabilities of the UAV.

He said that the people running the event did a fine job, and that the crowd was appreciative, and was impressed by how much the community supports and is interested in the UAV. "It's a win win situation for the Army and community," he said.



**Photos by Rob Martinez**



**The event offered opportunities for the community to to learn about some of the missions on Fort Huachuca, and experience some aspects of aviation.**

# Fit For Life

## Flexibility improves lifestyle

BY GEORGE R. COLFER, PH.D.  
CONTRIBUTING WRITER

Flexibility is recognized as a trait of successful athletes and skilled performers, as well as being important for daily living.

Flexibility is defined as the range of motion available at a joint or group of joints.

Further, flexibility is the capacity of the joint to move through a normal range of motion. The different types of flexibility for general purposes are passive and dynamic flexibility. There is also static and ballistic stretch, which are ways in which flexibility can be obtained. Passive flexibility involves a full range of movement without regard to speed. Static stretch, which occurs when a muscle is held at greater than resting length for a period of time, is essential to improving passive flexibility. Dynamic

flexibility involves a full range of movement with speed and in resistance or opposition of a joint to a particular joint motion. A dancer using a high, flowing kick and a wrestler trying to resist or get free from a hold uses dynamic flexibility. Passive flexibility and static stretch are the keys to improving dynamic flexibility because they provide the potential or capacity to move. Dynamic flexibility, however, must be practiced specifically for best utilization. Ballistic stretch is not recommended as the best way to obtain flexibility. It is defined as the bouncing or jerking of a muscle held at greater than resting length. The injury potential is much greater and the developmental potential is less than with static stretch.

Flexibility benefits are built in many activities, such as basketball and handball, but are absent in activities such as long distance

running and bicycling. Here, a program of flexibility exercises will counter the effects of an activity that decreases certain areas of flexibility.

Flexibility training procedures vary also. While static stretch is commonly accepted as the safer and more efficient way to develop flexibility, how long one should hold the static stretch position is commonly disagrees upon. Variations range from five to 60 seconds in the static hold position. The point of agreement is that some discomfort, but not pain, must be experienced.

*Flexibility is recognized as a trait of successful athletes and skilled performers, as well as being important for daily living.*

Flexibility training can be performed on a daily basis and in fact, can be done several times per day as needed. Some experts advocate up to three performances

per day for maximum flexibility and believe the interval approach is better than repeating the performance several times in one session.

There are a number of factors that discourage flexibility. The number one cause is a sedentary lifestyle followed by obesity. Age is another factor that will affect us all to some degree, but continues activity along with flexible exercises will delay the aging factor. A loss of flexibility accompanies obesity and weight gain causing some individuals to suffer a loss of functional movement. When excess fat tissue overlaps or surrounds a joint region, it is not possible to move that joint through its full range of motion. Body structure including the size and shape of bones, muscles, ligament and tendons all affects one's flexibility potential.

The female tends to be more flexible than the male; athletes more than non-athletes and physically active persons are more flexible than those who are sedentary.

See **Flexibility**, Page B7

## Sierra Vista 50th Anniversary



*Countdown: Sierra Vista turns 50 in 27 weeks*

### EDITORIAL COMMENT:

The City of Sierra Vista will celebrate its 50th anniversary, "More than a city—a way of life," May 26-28, 2006. In support of the city's celebration, each month until the celebration weekend, The Fort Huachuca Scout will run one reprinted article from the 1955 and 1956 issues of the "Fort Huachuca Scout," showing what fort life was like 50 years ago. Each week, we'll print one or more highlights of what happened on Fort Huachuca a half century ago.

Sierra Vista was founded in 1956 and annexed Fort Huachuca in 1971. Now, as in the past, the two entities worked together and are involved in many partnerships.

The Fort Huachuca Scout has been in publication for 54

years since 1951. Merged copies of the "Scout" are available for viewing at the Fort Huachuca Public Affairs Office, Building 21115, 3015 Carnahan Street, across the street from the gazebo at the west end of Brown Parade Field. Call 533-2622 for additional information.

Enjoy reliving Fort Huachuca's past 50 years, and reminisce as we travel back in time. - Joan Vasey

Reprinted from "The Huachuca Scout", November 24, 1955

### Locked out? Call Key Repair Shop

No need to break a car window or take a hasp and hammer to your wall locker if you lose your keys from now on.

R.M. Henderson of the Main Post Exchange watch shop has installed a new key making service. Duplicate or new keys will be made for 35 cents.

For a nominal fee, Henderson will make emergency calls to unlock a vehicle, home, or locker, when the keys have been lost.

Duplicate keys can also be made from code numbers on locks without actually having a copy of the key to work from.

**Mrs. Dwight D. "Mamie" Eisenhower Thanks Office for 'Get-Well' Card to Ike**

Post Classified Documents Control Office

personnel received a thank-you note from Mrs. Dwight D. Eisenhower. Members of the department sent a get-well card to President Eisenhower following an illness while in Denver. Mrs. Lola B. McCabe came up with the idea for the card.

Reprinted from "The Huachuca Scout", November 17, 1955

### NCO Academy Graduates Initial Class Twenty-Four Receive Certificates Pfc. Robert Dean Named Top Man

First graduation ceremonies were held Saturday morning for the 1st Signal Group's NCO Academy. The newly formed academy graduated 24 men from the first four-week cycle of advanced military instruction.

Originally formed last October 16, the academy set forth as goals the improvement of individual ability and the increase of command efficiency. Advanced training includes methods of instruction, drill, leadership, and military courtesy.

Named top man in the first graduating class was Pfc. Robert Dean of the 526th Signal Company. ... (List of graduates, faculty omitted).

# Arizona Tourist

## Native American Heritage Appreciation Month

*Learn about the many Native American cultures*

BY MICHAEL COLLINS  
CONTRIBUTING WRITER

November is Native American Heritage Appreciation Month. For Arizonans, this month holds special significance. Take out a map of Arizona and it is readily apparent why. The political divisions of the state looks like a quilted patchwork stitched together by tribal lands. More importantly, if it were not for Native Americans, Fort Huachuca would not exist.

Legends of the buffalo soldiers were created because their adversaries were so skillful at guerilla warfare. Geronimo's band of Apaches, counting less than 100, required several thousand cavalry to be placed in the field in constant pursuit to wear him down.

With the eventual surrender of Geronimo, the rhythms of life known to the Native American faded into history. All that remained were the rituals of culture that bound the individual tribes together. Luckily for us, the relative isolation of 20th century Arizona and the foresight of tribal leaders allowed the preservation of customs and traditions

of these ancient civilizations to be passed from generation to generation.

Learning about the many different Native American cultures in Arizona is easy and fun. Start by planning a trip to a reservation. A few suggestions follow.

White Mountain Apaches - reside in central Arizona's White Mountains, 150 miles Northeast of Phoenix and thirty miles south of Pinetop. The tribe's cultural center acts as a repository for the oral histories, archival materials and other artifacts that help illustrate the history of this tribe. Ceremonial dances, the Hon-Dah Pow Wow and the White Mountain Apache Fair and Rodeo are some of the most popular events held here. The reservation also has some of the most beautiful scenery in Arizona and outdoor enthusiasts will find something to like about visiting here year round. Call (928) 338 - 4625 for more information or visit [www.wmat.nsn.us/](http://www.wmat.nsn.us/) on the Web.

The Hopi reservation is in the far northeast corner of Arizona, near the Four Corners. Hopis produce some of the most compelling art,

almost recognizable to anyone with exposure to Native American culture and prized by collectors around the world. Spiritual dances accompanied by complicated religious rituals are another hallmark of the Hopi. To learn more, call (928) 734-3283 or visit [www.hopi.nsn.us](http://www.hopi.nsn.us) on the Web.

The Navajo Nation, also in the Four Corners region, crosses over the borders of New Mexico and Utah and is larger than ten of the fifty states. Their unique language was a valuable asset during the WWII island-hopping campaigns in the Pacific and the topic of a recent movie, "The Code Talkers." The museum in Window Rock offers a perspective into the life of the Dine, a Navajo word that translates into "the people." Contrasting the modern displays at the museum is the hogan, a representative home of the Navajo. To arrange a visit, call (928) 871-8504 or visit [www.discover-navajo.com/](http://www.discover-navajo.com/) on the Web.

The semi-nomadic Tohono O'odham or "Desert People" migrated throughout the Sonoran Desert and surrounding lands from time immemorial, gathering food, hunting, and raising crops during the brief

rainy seasons of the desert. Just west of Tucson, the reservation is comparable in size to the state of Connecticut, and their lands actually extend into Mexico. The tribe is noted for its pottery and basketry and a favorite side trip is San Xavier del Bac, the well preserved colonial style mission built to bring Christianity to natives as the Spanish were making forays into the Southwest. For more information call (520) 383-2028 or visit [www.nps.gov/tuma/papago.html](http://www.nps.gov/tuma/papago.html) on the Web.

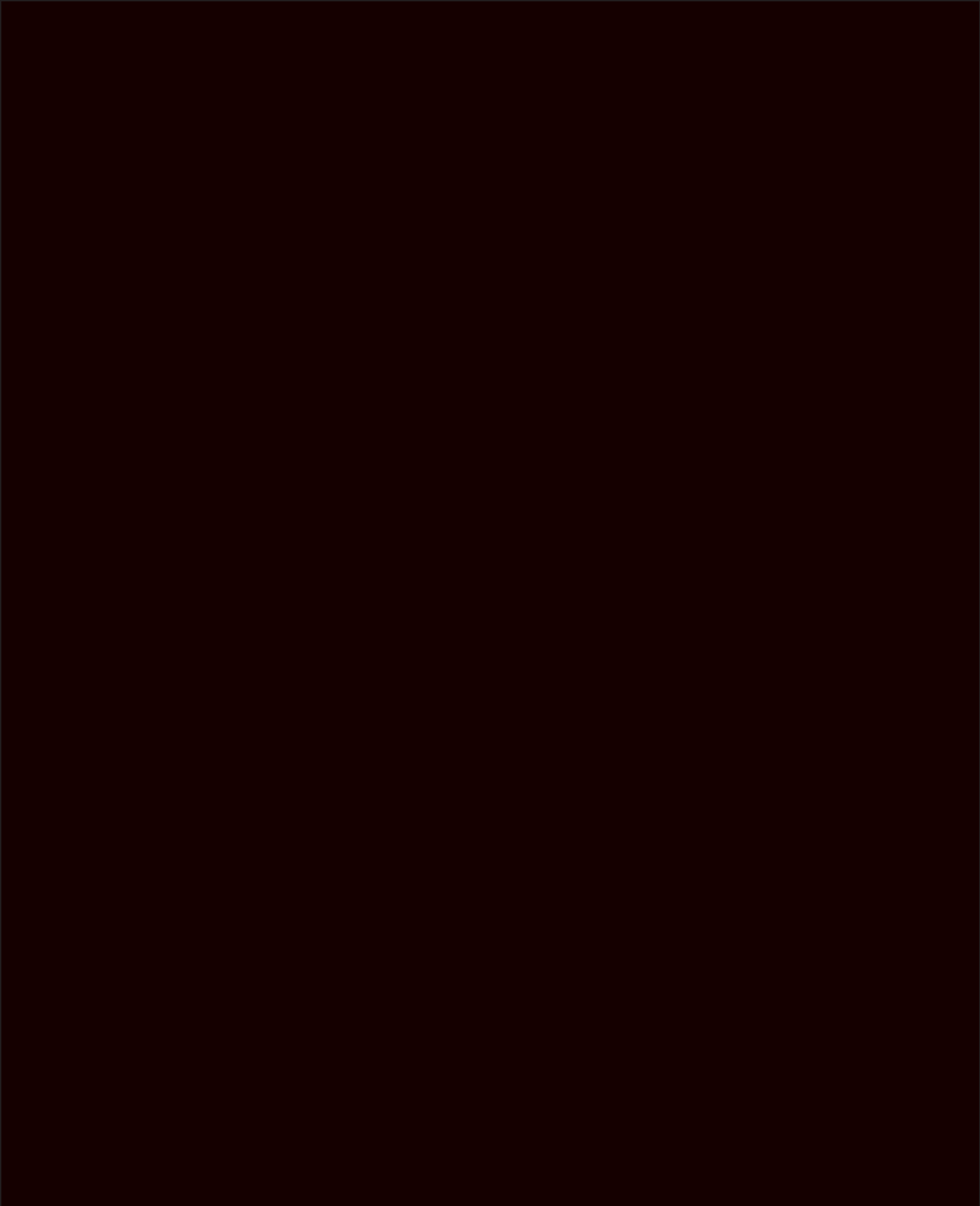
This list is by no means a comprehensive list, but certainly a good place to start learning about the major tribal groups located in Arizona. The Colorado River Native Americans have a colorful history as well, however their tribal size can not sustain museums or cultural centers.

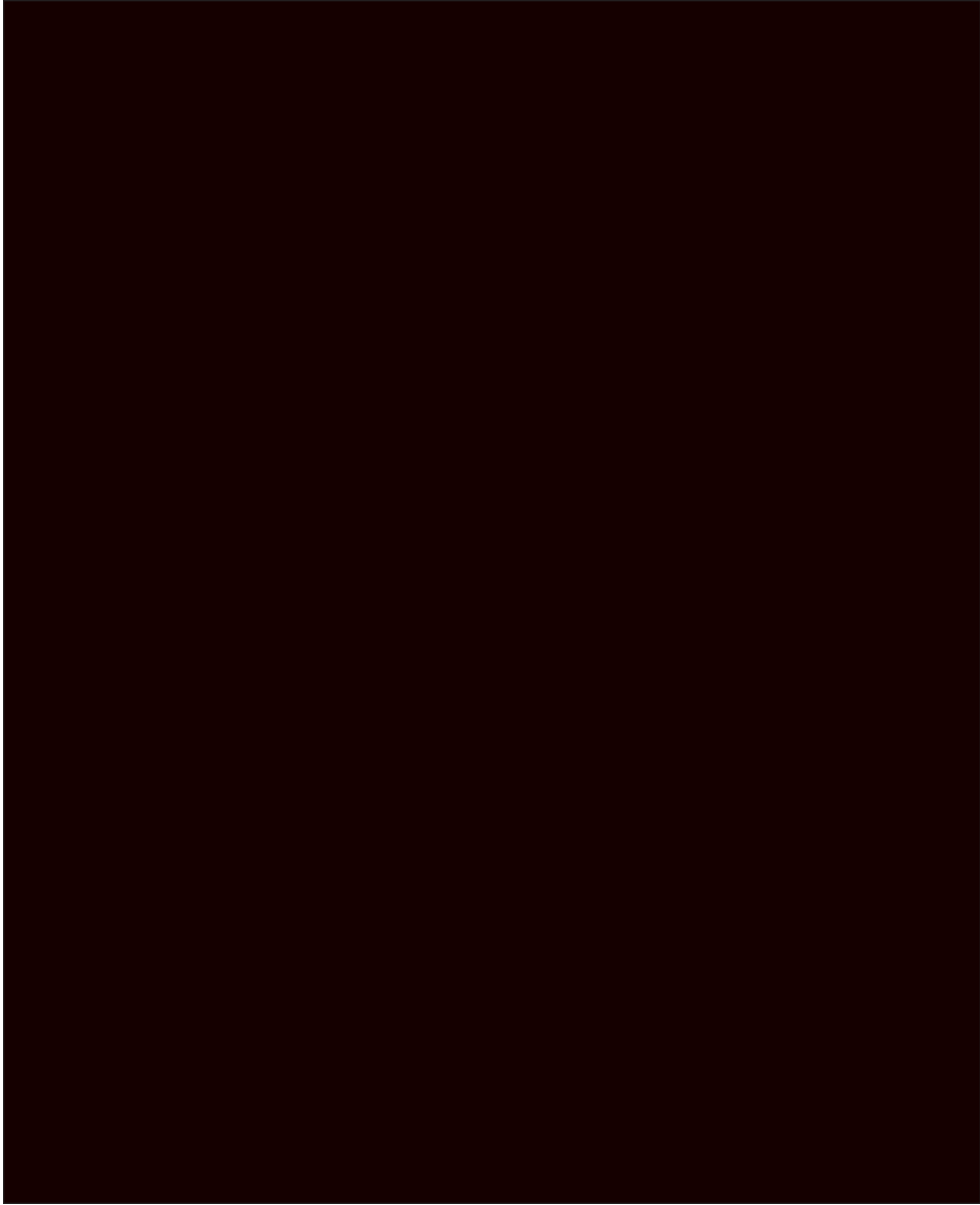
One last thing before you go is to learn reservation etiquette. Remember the golden rule and act the way you would want strangers to behave visiting your home. Many of the tribes have a list of dos and don'ts listed on their web sites. Become familiar with them and make the visit for both you and your Native American hosts an enjoyable one.

### Community Briefs

#### AAFES Holiday hours for Thanksgiving Day

Admin office Thursday - closed	Thursday - closed	Barracks Phone Center Thursday - closed	Enterprise Thursday - closed	Greely hall Barber Shop Thursday - closed	26 Nov - 1200-1800 27 Nov - 1200-2030
Launderette Open 24 hours a day	UPS store Thursday - closed	laundry, Dry Cleaner, Alteration Thursday - closed	Laundry & dry cleaner MCSS Thursday - closed	25 Nov - closed	Regimental Food Court Charley's Wednesday - 1030-2100
Main store Thursday - closed	Optical Shop Thursday - closed	AT&T Cyber Zone Thursday - 0800-1500	Military Clothing and Sales Store Thursday - closed	Joint Interoperability Test Command Cafeteria Thursday - closed	25 Nov - 1030-1800 26 Nov - 1200-1800 27 Nov - 1200-2000
Barber Shop Main Store Thursday - closed	Xtreeme Franks Thursday - closed	Regimental Barber Shop Thursday - closed	Cochise Theater Thursday - closed	Mobil Thursday - closed	Regimental Food Court Popeye's 23 Nov - 1030-2100
Beauty shop Thursday - closed	Anthony's Pizza Thursday - closed	Wired Coffee Clinic Thursday - closed	Burger king Thursday - closed	Regimental Retail Store Thursday - 0800-1500	Thursday - closed 25 Nov - 1030-1800 26 Nov - 1200-1800 27 Nov - 1200-2030
Flower shop Thursday - closed	Robin Hood Deli Thursday - closed	Wired coffee PX mall Thursday - closed	25 Nov - 0800 - 1800 26 Nov - 0800 - 1900	Regimental Food Court-Anthony's Wednesday Nov - 1030-2100	Main Gate Shoppette Thursday - closed
GNC	Furniture Store Thursday - closed	Wired coffee mini mall Thursday - closed	27 Nov - 1000 - 1700	Thursday - closed	Taco John's Thursday - closed
	Shoppette/Class 6 Thursday - closed		Greely Hall Diner Thursday - closed	25 Nov - 1030-1800	





## Self-help chain link fences

Effective immediately, the Family Housing Office will issue a limited amount of chain-link fence material to residents on a first-come, first serve basis.

This will be a U-DO-IT project requiring removal of existing fence fabric at one address and reinstallation of fence at the new quarters. Any additional material such as posts, rails, cement or gate will be the responsibility of the resident. Fence installation request forms are available at the Family Housing Office, building 41415.

Digging permits will be required. Upon retrieval of fencing fabric, the material will be added to your hand-receipt.

If you are interested in installing a chain-link fence at your quarters and have the time to spend on this project, please contact Kimberly Lewis, 533-5901.

## Adopt-a-Soldier

The 111th Military Intelligence Brigade is hosting its 17th annual Adopt a Soldier Program for initial entry Soldiers.

This program connects Soldiers and military servicemembers with families within the Fort Huachuca and Sierra Vista community who would be willing to host them for a home-cooked Thanksgiving Dinner.

The 111th MI Bde. will also host a warm up party at 7 p.m. Tuesday at the

Eifler Gym to introduce Soldiers to their host families prior to Thanksgiving.

Currently, there are 97 Soldiers signed up and 45 families are needed. The deadline for families to sign up is Friday.

To volunteer to host a Soldier, contact Chaplain (Maj.) John O'Grady at 533-8774 or Staff Sgt. Robinson at 538-1252.

## AFTB Level I classes offered

Army Family Team Building offers AFTB Level I classes 9 a.m. - noon, every Tuesday, at Murr Community Center, Building 51301.

AFTB Level I, also known as "Army 101" provides an introduction to Army life. Each Tuesday, a different block of classes will be offered.

The class is free, but please pre-register with Army Community Service at 533-2330 or Cheryl Patterson at 533-3686, or e-mail huachuca\_aftb@hotmail.com.

## Holiday Ball

The Commanding General USAIC&FH, wishes to invite you to the 2005 Holiday Ball. Social hour begins at 6 p.m., followed by dinner at 7 p.m. Dec. 9 at the Thunder Mountain Activity Centre. The dress for the event will be Military Dress Uniform/ Black Tie/ Gown. For more information, contact your unit command sergeant major.

## Thanksgiving Feast

The 11th Signal Brigade will host

a Thanksgiving meal from 4-7 p.m. on Wednesday at the Thunderbird Dining Facility. Meal card holders eat free. The cost for E-1 and above, DA civilians, and dependents for E-5 and above is \$5.80. For E-4 and below dependents, the cost is \$4.90. The unit serving order for the meal is as follows: 504th Signal Battalion from 4-5 p.m., 86th Signal Battalion/Headquarters and Headquarters Company Brigade from 5-6 p.m., and 40th Signal Battalion from 6-7 p.m.

A dress code will be in effect for the meal: dress blues/mess for officers and senior NCO's (E-8 and above) and casual attire for Soldiers and their families, class A/dress blues optional.

## Military Intelligence Corps Association membership drive

MICA is the national professional fraternal association of the US Army Military Intelligence Corps. The objectives of MICA are to preserve history, educate leaders, honor professionals and share knowledge.

For information on how to join MICA, click on the membership link on the website [www.micorps.org](http://www.micorps.org).

## In need of leave donations

The following Department of the Army Civilians are on the Leave Donor Program:

Joseph Barnhardt - HQ USAISEC  
Lisa Craddock - WCPOC

Pamela Hastings - ACA/ITEC-4

Kenyetta Johnson - NETCOM

Lloyd Johnson - NETCOM, G-2

Patricia Paiz - 305th MI Bn

Ruben Romero - TEC4-W

Roberta Brown-Thurman- NETCOM

For more information about the program or for donating annual leave, contact Schenando Nason at 533-5273.

## Flu vaccine

Raymond W. Bliss Army Health Center will be administering flu vaccine to Fort Huachuca permanent party Service Members and TRICARE Prime beneficiaries on the following dates. Soldiers will be scheduled by unit.

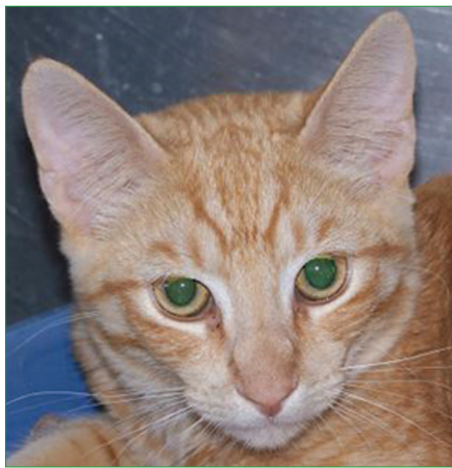
11th MI Brigade: 5 a.m. to 5 p.m. Tuesday at Eifler Gym

Ft Huachuca assigned Active Duty: 7 a.m. to 4 p.m. Wed at the Murr Community Center. Unit will schedule soldiers. Contact your unit S-1/3 for times.

Beneficiary Day - All DA civilian employees, all TRICARE Prime beneficiaries older than 18 years of age, and Active Duty Service Members who were unavailable on their assigned unit date. 10 a.m. to 2 p.m. 30 Nov at MURR Community Center.

Please bring your Federal Service ID Card and Yellow Shot Record. Questions, please call the FLU HOTLINE at 533-2997 or the Preventive Medicine Wellness and Readiness Department at 533-3536.

# Pets Of The Week



**Kitten is a 6-month-old male orange tabby domestic shorthair. Courtesy photo from [petfinder.com](http://petfinder.com).**



**Ginger is a young brown female chow mix. Courtesy photo from [petfinder.com](http://petfinder.com).**

**These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit [forhuachucapetfinder.com](http://forhuachucapetfinder.com). In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.**

# At The Movies

Showing at the Cochise Theater for the next week are:

**AFFEST**

### Today

Closed

### Thursday

Closed

### Friday

Closed

### Saturday - 7 p.m.

History of Violence

R

### Sunday - 2 p.m.

Wallace & Gromit: Curse of the

Were-Rabbit

G

### Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

# Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source.

The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



**Flexibility**, from Page B2

People tend to take flexibility for granted. Many do not realize its necessity until they are impaired or suffer major discomfort. Several muscular ailments can be related to a lack of flexibility.

Flexibility is specific to each joint. One joint or group of joints may be extremely flexible, while other joints remain stiff. Specific exercises or training is necessary at each joint. Strength training exercises will actually benefit flexibility as long as they are performed with a full range of motion. However, they should not be considered a substitute for specific flexibility training.

The primary areas for improving and maintaining flexibility would be at the shoulders lower back and legs. More specifically, exercises that will stretch the shoulder girdle (upper back) are necessary for upper body movement and flexibility. The lower back and pelvic girdle region along with the hamstring, quadriceps, calf muscles and Achilles' tendon stretches provide lower body flexibility necessary for loco-

motion activities.

Possessing flexibility enhances performance in physical activity and daily living in the following ways:

It can limit energy expenditure.

It can aid in the prevention of muscular-skeletal injury

It permits freer muscular movements; the opposite of muscular resistance (i.e. tightening up).

It improves coordination, agility and balance.

It can decrease the incidence of muscular soreness.

People tend to associate flexibility with warm-up. While this is true to some extent, the purpose of warming up is to prepare the body for more strenuous activity to follow. Muscular contractions are dependent upon muscle/body temperature. Thus the purpose of warm-up is not primarily to increase flexibility.

For example, a former Olympic running coach says "commence running," in regard to training sessions. "No need to waste time with exercise."

Former world class marathoner Bill Rodgers stated," the best warm-up for running is running. Run slow before you run fast."

Other famous coaches disagree and advocate an exercise-type of warm-up. A major point to make here is that any warm-up session is not the proper time to try to improve one's flexibility.

A cooling down period should follow any strenuous activity. Usually this involves a less strenuous form of activity or movement to slowly return body temperature and heart rate to pre-exercise levels. When the cool down is near completion, i.e., muscular contraction lessened and body temperature slightly elevated, it may be the optimal time to attempt to increase flexibility with static stretch exercises.

After the strength training session is another good opportunity to stretch. Remember, your strength exercises should be performed with a full range of motion. In both of these situations, be sure not to stretch any area with a "bounce"

(ballistic movement).

Flexibility exercises are quite numerous and there are individual differences to be considered. If you lack knowledge or are unsure about what to do, your best source to consult would be a licensed physical therapist or a certified fitness professional that has expert knowledge of anatomy and kinesiology (study of human movement).

The average person's need for flexibility ranges from daily living to recreational and athletic performance. A highly skilled athlete uses dynamic flexibility in many instances, and that is normally acquired through practice, conditioning, and usually at a young age.

For the purpose of physical fitness, work (including military) and sport/recreational activity, passive flexibility developed by static stretching should satisfy most needs.

The person who is physically active will probably need less flexibility training since benefits are also gained through strength training and some sports participation.